



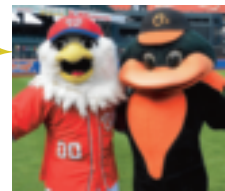
Friendship Heights

VILLAGE NEWS

SEPTEMBER 2015

301-656-2797

VOLUME 30, NO. 4



Nationals/ Orioles Game
page 3

Mayor's Corner

The Village Council did not meet in August, but Council members and staff are busy preparing for fall.

With help from real estate agents, building managers and boards, the Village manager and I continue to gather demographic and economic data to update our Village's profile since the 2010 Census. On August 29 the Council hosted a reception for residents who have moved into our Village since 2010.

The Communications Committee met twice this summer to discuss with staff and residents the scope and

desired features of an updated Village website. The Council will be asked to approve a request for proposals soliciting bids from Web developers—the next stage in the process.

The Capital Improvements Committee reviewed components of the proposed renovation of the Village Center. The Committee will ask the Council to approve the hire of a project manager to review with staff detailed bids for each project component.

Finally, the August lull allowed me to connect with business leaders

inside and around our Village. At the September 15 Council meeting an official from Chevy Chase Land Company will present plans to refurbish and reposition the company's property on Wisconsin Avenue between Clyde's of Chevy Chase and Tiffany & Co. The right mix of stores and restaurants could mean better returns for the CCLC and a more useful, neighborhood-friendly environment for adjacent communities, especially the Village.

Happy Labor Day!

Clara M. Lovett, Mayor

Discover Hillwood's many charms



Join us on **Wednesday, Oct. 7**, as we view "Ingenue to Icon," a new exhibit at Hillwood, featuring fashions spanning 70 years from the collection of Marjorie Merriweather Post.

Take in the wonders of one of our city's most beautiful estates, which offers gorgeous grounds as well as a stunning mansion filled with treasures from lands near and far.

With the "Ingenue to Icon" exhibit, visitors get a glimpse of some of the gowns, dresses, outfits, and accessories in Post's collection of more than 175 dresses and more than 300 accessories, including shoes, hats, gloves, and purses.

From a confection in tulle and taffeta made for her 16th birthday to the flapper silhouettes of the 1920s and sophisticated gowns of the 1950s, Post's changing styles are consistently characterized by fine craftsmanship, beautiful materials, and fashionable styles.

We'll depart from the Village Center at 9:15 a.m. and arrive in time to explore the beautiful gardens and grounds of the opulent estate. You'll have time to view the special fashion exhibit before sitting down to a three-course luncheon.

Continued on page 18

A town hall meeting with the State's Attorney

John McCarthy, the State's Attorney for Montgomery County, will speak to the Village on **Thursday, Oct. 1, at 7:30 p.m.**

He will discuss critical criminal justice issues, including: the need for independent investigations of police agencies when death results from the use of deadly force; body cameras for police officers as a safety and accountability tool; the heroin epidemic; mental health reforms needed in the criminal justice system; and the challenges facing criminal justice systems in an aging community.

Bring all your questions and concerns — and please let us know you are coming by calling 301-656-2797.



Village finances and budgets

Since winning election to the Village Council in May, I have been immersing myself in Village finances and learning how our budget is put together. The Village's fiscal year runs from July 1 through June 30 so we are just two months into our current fiscal year. While finances



are always on our mind, budget discussions and decisions for our next fiscal year will not begin in earnest until December when we receive more details from Annapolis about our anticipated revenues.

About 50 percent of Village revenue comes from our portion of the county income tax returned to the Village from state filings; 25 percent comes from property taxes; and 12 percent from parking violations. The remaining 13 percent comes from other sources outlined in the Village's annual budget.

One decision that could potentially impact Village revenues is the U.S. Supreme Court's ruling issued in the *Maryland v. Wynne* case in May. The court found unconstitutional Maryland's practice of not permitting a credit on the "piggyback" tax that is distributed to the county and special tax districts, such as the Village, on income earned and already taxed in other states. State officials are working to determine the impact on local jurisdictions. Fortunately the Village has a General Fund, or reserves accrued during better economic times, with just over \$4.5 million, which will help minimize any impact from this ruling. However, the Council will have to decide how to deal with any long-term impact if Village revenues are significantly reduced.

During the coming year, the Council will consider expenditures including renovations (some necessary and some desired) to the Village Center and will also resolve the matter of Page Park. In a year of uncertain revenue, it is especially important to have budgets and/or caps for such projects and to prioritize our needs and objectives.

In January the Village Finance Committee will meet to discuss the draft budget for fiscal 2017. Council members and residents will be able to review the draft budget before this meeting. The Council will also have public hearings at its February and March meetings; passage of the budget is scheduled for March. Residents are encouraged to participate in the Finance Committee meeting and the public hearings. Of course, if any major financial decisions are required in the meantime, they will be addressed at our monthly Council meetings.

Kathy Cooper
Village Treasurer

Get the most out of your Social Security benefits

Your happiness in the future can depend on the financial decisions you make now. Choosing the optimal time to begin collecting your Social Security benefits can be daunting. A two-part seminar at the Village Center on **Thursday, Sept. 24 and Monday, Sept. 28, from 6:30 to 7:30 p.m.**, may help.

Social Security 567, a group of financial advisors and CPAs, will help you make informed and calculated decisions regarding your Social Security benefits in retirement. Learn how to maximize your benefits- there are 567 ways! Snacks will be served.

Please call 301-656-2797 to register for this free workshop.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the October issue is September 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

The Beltway Series: Nationals vs Orioles

Come out and enjoy an evening of baseball on **Monday, Sept. 21**, when the Nats play the Os at Nationals Stadium. This should be a pivotal game between two teams fighting



to get into the playoffs.

We will leave the Village Center at 5:30 p.m. The cost of the trip, which includes a seat in Section 135 (field level), transportation by luxury coach

and driver gratuity, is \$74. And if you will be downtown already and want to meet us at the stadium, you can pick up your tickets beforehand. We'll give you a ride home!

Village author to speak at the Center

Kyi May Kaung, a writer, poet, political economist, and Village resident, will discuss and read from a selection of her novellas and short story collections at the Village Center on **Thursday, Oct. 15, at 7:30 p.m.**

Dr. Kaung worked for 13 years in international radio and with the Burmese democracy movement while in exile in Washington. Her writing is set in places as diverse as the United States, Burma and Chile. The subjects range from immigration and exile to crime in Philadelphia to female genital mutilation in Ethiopia.

Copies of her books will be for sale; cash or checks only, please. Sign up by calling 301-656-2797.



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Avoid Surgery When Treating Hip Pain/Labral Tears

Submitted by Mayo Friedlis, MD
StemCell ARTS, an Affiliate of
National Spine and Pain Centers

The hip is one of the largest and most critical joints in the body. It is essential to daily function, controlling the ability to walk, run and jump. The hip relies on the labrum (small cartilage on the inside of the hip joint) to provide a cushion between the ball and socket of the joint. The labrum also helps to control the motion of the hip.

Hip labral tears, a common injury for athletes, occur when there is extreme compression or a twisting/wrenching motion of the hips. The tear causes pain in the front of the hip, which can radiate down into the thigh or groin area, creating a "pop" or "click" felt on the inside of the hip. Over time, the pain from a labral tear can increase in severity and intensity. Since the hip is a poorly vascularized area, a labral tear often does not heal well on its own. Invasive surgery is typically required and can include tacking, trimming or sewing down the tear.

New Treatment For Labral Tear Without Surgery

In many cases, regenerative treatments can now be used to heal the injury without the risks and protracted recovery associated with surgery. The treatment options available to treat a labral tear are Stem Cell Therapy and SCP (Super Concentrated Platelets,) both of which are part of Regenexx™ protocols. Regenexx, the national leader in regenerative medicine, has the most advanced biologic solutions available.

Stem Cell Therapy: The Regenexx Protocol

Regenexx Stem Cell therapy makes use of the supply of stem cells available in the body to help repair injured and degenerated tissues. The stem cells are harvested from the hip bone, under ultrasound or fluoroscopic guidance. After the bone marrow blood is drawn, it is processed by hand to concentrate and purify the stem cells.

The stem cells, along with a super concentrated platelet mix, are

placed precisely into the injured site to improve the likelihood that stem cells will adhere to the damaged area and promote healing. Concentrated platelets and FDA-cleared adjuvants are injected, 2-5 days later, to keep the stem cells activated and promote rapid healing.

Super Concentrated Platelets

Regenexx SCP therapy is a more advanced version of Platelet Rich

Plasma (PRP). SCP stimulates tissue repair by releasing growth factors. These growth factors promote the healing process by attracting the stem cells that repair damaged tissues. SCP intensifies this process by delivering a higher concentration of platelets. The concentrated SCP is injected into and around the point of injury, significantly strengthening the body's natural healing processes.

Because our samples are all hand processed, the SCP sample is free of any contaminating red and white cells, which can inhibit repair. This same process also allows us to customize the concentration and volume for each individual and each injury type.

With Regenexx therapies, there is hope to restore a patient's mobility after a labral tear, without the trauma of surgery.



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- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

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Mayo F. Friedlis, MD

Dr. Friedlis is a nationally recognized expert in pain management and one of the first doctors in the Washington, DC area to use Stem Cell Therapy. Dr. Friedlis was voted among WASHINGTONIAN's Top Doctors in Rehabilitation. He is passionate about helping people in pain, whether their problem is simple or complex. Dr. Friedlis is Board Certified in Physical Medicine and Rehabilitation and is a Diplomate of the American Academy of Pain Management and the National Board of Medical Examiners.

Female sovereigns in Renaissance art

During the 16th and 17th centuries, powerful women reigned in European countries. Art historian Vanessa Badré will give a lecture titled "The Queen's Two Bodies" at the Village Center on **Tuesday, Sept. 29, from 10:30 to 11:30 a.m.**



Using Ernst Kantorowitz's famous book, *The King's Two Bodies*, as a reference, Ms. Badré will explore how strong women monarchs are represented in paintings as compared to males.

Art history is a second career for Vanessa Badré. She was a corporate attorney in France before moving to this country. She now regularly gives art history presentations to educational and local community groups and organizations. She spoke at the Center in June on 18th Century French art. Please RSVP to 301-656-2797.

Tea and Talk: Myths of Washington

Come to the Village Center on **Friday, Sept. 18, at 2 p.m.**, and learn about some of the urban legends of Washington, D.C. How many tall tales have we learned as children or newcomers to the area? We love our stories, true or not!

Lecturer Carol Bessette is a retired Air Force intelligence officer, a Vietnam veteran, a Certified Master Tour Guide in the Washington, DC area, and a frequent speaker at the Friendship Heights Village Center. Afterward, please stay for tea.

Call 301-656-2797 to register

Save the Date

Friday, Jan. 8, 2016: Evening Performance of "Matilda" at the Kennedy Center. Look for details in a later newsletter.

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All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Sept. 3, 7 p.m. — Cafe Muse (note change of day)—see page 8 for details.

Thursday, Sept. 10, 7:30 p.m. — Book signing with Abigail Wurf—see page 18 for details.

Thursday, Sept. 17, 7 p.m. — Movie — Yves Saint Laurent
— The life of Yves Saint Laurent is a story of passion, determination, and success. It is also about giving up the safety of traditional values and living life the way that the individual



wants to live it. His work was so innovative that his name lives on today.

Now it is time for the world to see and hear the story of one of the greatest French fashion designers of all time. Stars Pierre Niney, Guillaume Gallienne, and Charlotte Le Bon. Rated R. Running Time: 106 minutes.

Thursday, Sept. 24, 6:30 p.m. — Social Security Seminar — see page 2 for details.

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This month in the Friendship Gallery

"August Art, 2015" featuring 21 local artists and a wide range of art including ceramics, paintings, mixed-media and photography, continues this month through Oct. 3.

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not

available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

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Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

Cafe Muse presents...

This month's Café Muse, on **Thursday, Sept. 3**, will feature literary translators Keith Cohen, Patricia Davis, and Rod Jellema. The reading is in conjunction with the release of the Summer 2015 issue of *Beltway Poetry Quarterly*.

Keith Cohen is a retired professor of French and comparative literature who has published in the areas of literature/film and Caribbean poetry. Patricia Davis's translations of Cuban poetry have appeared in *Spoon River Poetry Review*, *Puerto del Sol*, and the *New Laurel Review*, and her work has been nominated for a Pushcart Prize. Her chapbook, *The Water that Broke You*, was recently published and she is coauthor, with Dianna Ortiz, of a nonfiction work, *The Blindfold's Eyes: My Journey from Torture to Truth*. Rod Jellema was the founding director of the creative writing program at the University of Maryland. He edited and translated two books of poetry from the North Sea language of Frisian: *County Fair* and *The Sound that Remains*. He is the only American to have been awarded Friesland's highest literary award, the Pieter Jelles Prize.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordworksd.c com.

Coming Up on Oct. 5: Martin Dickinson & Michael Gushue.

The Village Book Club will meet this month on **Tuesday, Sept. 15, at 11 a.m.** The book selection is *Go Set a Watchman* by Harper Lee. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

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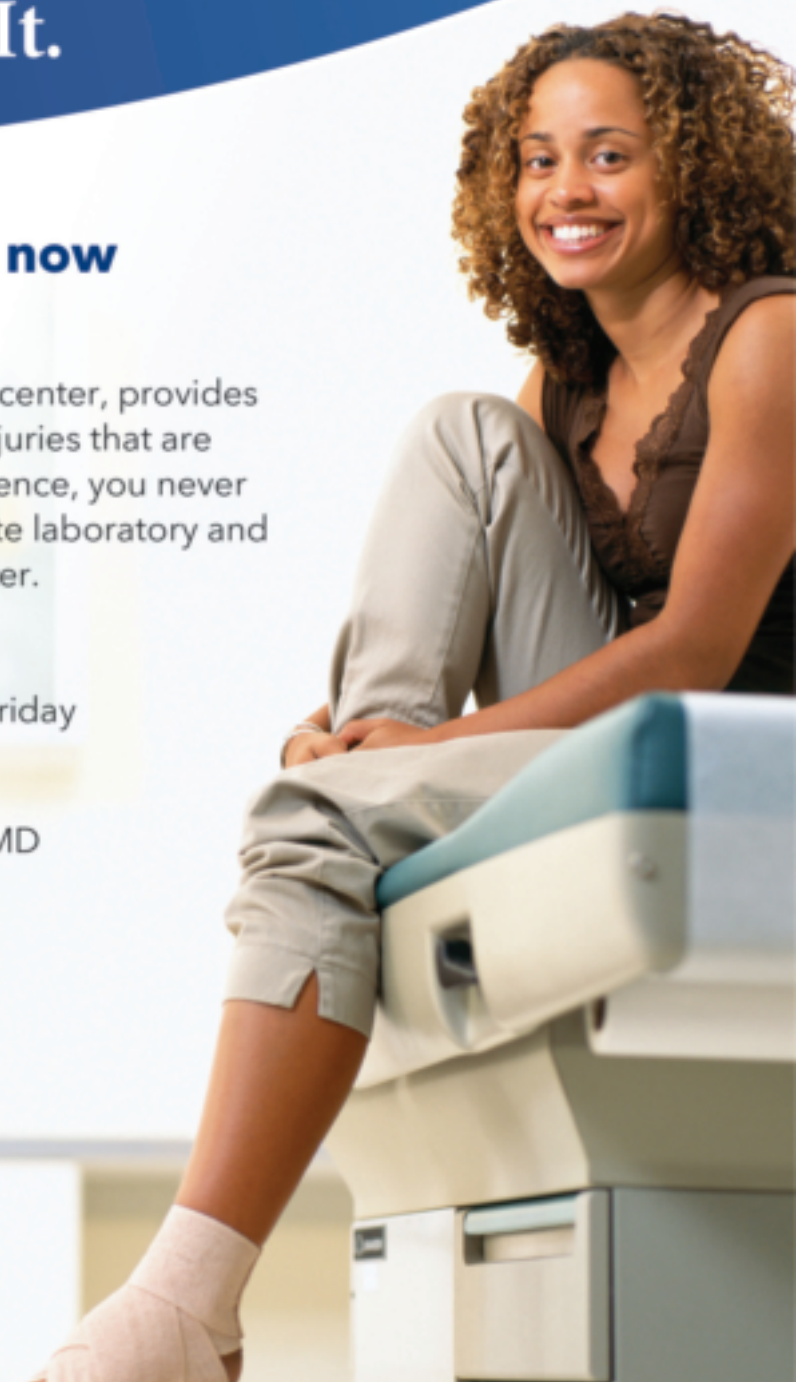
D.C. metropolitan area locations:

Adams Morgan • Alexandria • Capitol Hill
Gaithersburg • Wheaton

Baltimore metropolitan area locations:

Belcamp • Federal Hill • Perry Hall
Pikesville • Towson

Knowledge and Compassion



Friendship Heights
Village Center



Calendar
of Events

2015

| S E P T E M B E R | | | | | | |
|--|--|---|---|---|--|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | 1 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea | 2 12 p.m.: Chess group 7:30 p.m.: Concert: Machaya Klezmer | 3 8 a.m.: Depart for Rehoboth 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Café Muse | 4 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events | 5 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs |
| 6 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 7 Labor Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books Shuttle Bus runs on weekend schedule | 8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 9 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: “Heart Health” 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 5:30 p.m.: Program Advisory Ctte. Meeting 7:30 p.m.: Concert: Jubilee Voices | 10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Abigail Wurf | 11 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory | 12 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 11 a.m.: Children’s Dance 10:30 a.m.: Basic Photography |
| 13 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 14 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting | 15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING 7 p.m.: Pilates | 16 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Dental Health Care 4 p.m.: Bridge class 7:30 p.m.: Tales in the Village:Ellouise Shoettler | 17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 12:30 p.m.: Vision Support Lunch and Learn 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Yves Saint-Laurent | 18 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 2 p.m.: Tea and Talk: Myths of Washington | 19 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 11 a.m.: Children’s Dance 10:30 a.m.: Basic Photography |
| 20 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 21 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 5:30 p.m.: Depart for Nats Stadium | 22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea | 23 12 p.m.: Chess group 1 p.m.: Health Insurance Counseling | 24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 6:30 p.m.: Social Security Benefits Seminar | 25 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: “Brains Don’t Bounce” with Susan Wranik | 26 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 10 a.m. - 2 p.m.: Prescription Drug Take-back 11 a.m.: Children’s Dance 10:30 a.m.: Basic Photography |
| 27 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 28 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Social Security Benefits Seminar | 29 8:15 a.m.: Walking Club 10:30 a.m.: Art History Program: “Female Sovereigns in Art” 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 30 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 1 to 4 p.m.: Flu Shots 4 p.m.: Bridge class 5:30 p.m.: Community Advisory Ctte. Meeting 7:30 p.m.: Concert: Jose Ramos Santana | <div>What’s new in the Village Center reading room</div> <div>Check out our magazine holder in the Center lobby; it’s brand new, but the mags are not. You are welcome to take home a magazine—they’ll be replaced weekly. New magazines will still be kept at the front desk and on the shelves in the reading room.</div> | | |

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Turn in unwanted prescription drugs

The Friendship Heights Village Center will be a collection site for National Drug Take-Back Day on **Saturday, September 26, from 10 a.m. to 2 p.m.** Sponsored by the Montgomery County Sheriff’s Office, National Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Look for a Montgomery County Police officer in the Village Center lobby.





CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskell, begins Oct. 5. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Dec. 14 (class will not meet Oct. 12).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 10. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Nov. 12. Minimum number of students is 10; maximum is 14.

ALL IN THE EYES

Formerly called Portraiture In Pencil And Pastel, this 6-week class, taught by Marianne Winter, begins Sept. 9. Students will learn to draw faces expressively and capture likenesses using photos. Ms. Winter is an award-winning artist, photographer and book illustrator. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Meets Wednesdays from 1 to 3 p.m. The cost is \$75 for residents; \$80 for nonresidents. Last class is Oct. 21 (class will not meet Sept. 23).

AMERICAN SONGWRITERS

Washington legend John Eaton teaches this series on five of the most influential and fascinating American composers: Irving Berlin: "The Founding Father"; Frank Loesser:

"A Most Remarkable Fellow"; "Gershwin, Ellington and The Blues"; and, "The Art of Improvising: Jazz and Otherwise." The 4-week course begins Oct. 15. Meets Thursdays from 1 to 2:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Fewer than four weeks, \$30 per class. Class ends Nov. 5. A musical performance by Mr. Eaton highlights each session. Light refreshments will be served.

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Lew Berry, begins Sept. 12. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Session ends Oct. 31.

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Lew Berry, begins Sept. 12. Meets Saturdays from 9:30 to 10:30 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and

subject selection. Students must have a digital camera and a flash drive. Session ends Oct. 17.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 10. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch — brown bag only, please). The cost is \$185 for residents; \$200 for nonresidents. Last class is Nov. 12.

BRIDGE

GERBER AND BLACKWOOD

This 5-week series taught by Frank Shull, a life master at bridge, begins Sept. 16. Meets Wednesdays from 4 to 6 p.m. These lessons will show how and when to bid both Gerber and Blackwood conventions and when not to bid. Students will learn the three ingredients of slam bidding; there will be sample hands to bid and play. The maximum number of students is 17. Call Frank with questions at 301-365-7735. The cost is \$88 for residents, \$92 for nonresidents. Session ends Oct. 21 (class will not meet Sept. 23).

EXERCISE AND FITNESS

BALANCE, MOVEMENT AND MEMORY

This 6-week class begins Sept. 11. Meets Fridays, from 10:30 to 11:30 a.m. This class, taught by Cheryl Clark, will help you get around, stay

independent and carry out daily activities. The exercises are specially designed to target balance issues as well as physical strength. Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 16.

BALANCE AND COORDINATION

This 7-week class begins Sept. 8. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$75 for residents; \$80 for nonresidents. Session ends Oct. 20. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. ***You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.***

CHAIR EXERCISE

This 6-week class begins Sept. 9. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 21 (class will not meet Sept. 23). ***You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.***

CHILDREN'S DANCE

This free 6-week class for children ages 6 to 12 is taught by Richelle Dickerson and begins Sept. 12. Meets Saturdays from 11 a.m. to 12 p.m. The class will consist of 30 minutes of ballet and 30 minutes of hip-hop or jazz. Children should wear ballet shoes, tights and leotards. There is no charge, but children must be registered. The instructor recently won an award for teaching a similar class at a Washington charter school. Thank you, Richelle, for your generosity! Session ends Oct. 24 (class will not

meet Oct. 10).

MAT PILATES

The 6-week session begins Sept. 8. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends Oct. 20 (class will not meet Sept. 22).

SKYVALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Sept. 10. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 22 (class will not meet Oct. 1). For more information go to skyvalleytaiji.com. ***You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.***

SKYVALLEY TAI JI (Tuesday)

This 6-week class begins Sept. 8. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 20 (class will not meet Sept. 29).

STRENGTH TRAINING WITH TONYA

This 6-week class begins Sept. 14. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 19.

You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.

YOGA WITH ROBIN

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins Sept. 27 (****note change in start and end dates***). Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$135 for residents; \$145 for nonresidents. Session ends Dec. 13 (class will not meet Oct. 11 and Nov. 29). ***You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.***

ZUMBA

This 6-week class is taught by certified fitness instructor Richelle Dickerson and begins Sept. 12. Meets Saturdays from 10 to 10:50 a.m. This fun dance fitness class is designed for all levels; sneakers and loose clothing are required. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 24 (class will not meet Oct. 10). ***You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.***

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension's Senior Health Insurance Assistance

Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday

from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Children are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

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CONCERTS

Concerts will be held from 7:30-8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Sept. 2 —

Machaya Klezmer — Machaya Klezmer returns to the Village with its vibrant Eastern European sound. The band's music features flutes, clarinets, cellos and drums. The word Klezmer comes from two Hebrew words, *clay* and *zimmer*, meaning vessel of music or song.



Wednesday, Sept. 9 — Jubilee Voices — Jubilee Voices, created in late 2010, is committed to the preservation of African-American history and traditions as expressed through singing, dance and spoken word. The singing includes spirituals, shouts, hollers, planting songs, field and code songs, and other songs of struggle and freedom, all currently from the 19th century.

Wednesday, Sept. 16 — Tales in the Village — Ellouise Schoettler presents "Pushing Boundaries." Funny and sometimes poignant real-life story of a 1950s housewife with an "I Love Lucy" sensibility morphed into a national activist for the Equal Rights Amendment.

Wednesday, Sept. 23 — NO CONCERT — YOM KIPPUR

Wednesday, Sept. 30 — Jose Ramos Santana — A native of Puerto Rico, Jose Ramos Santana is one of the most acclaimed pianists of his generation. He performs a wide and diverse repertoire while being an acknowledged master of Spanish Music. Mr. Ramos Santana has appeared as a guest soloist with such major orchestras as the New York Philharmonic, Royal Philharmonic Orchestra of London, and Baltimore Symphony among many others.

Caregivers Support Group: You are not alone

The Village support group for people caring for parents or partners with serious illness or dementia will meet **Monday, Oct. 19, from 6:30 to 8 p.m.**

More than forty million Americans are providing care for their loved ones- valued at \$450 billion a year-so they may stay in their own homes. Caregivers perform exhausting duties like bathing, feeding, dressing, managing medications, transportation- often while juggling work and other family responsibilities.

The group is led by experienced facilitator Judith Bernstein, a clinical social worker and certified advanced social work case manager. Attendees have an opportunity to connect with others who understand the challenges of caregiving duties and share advice.

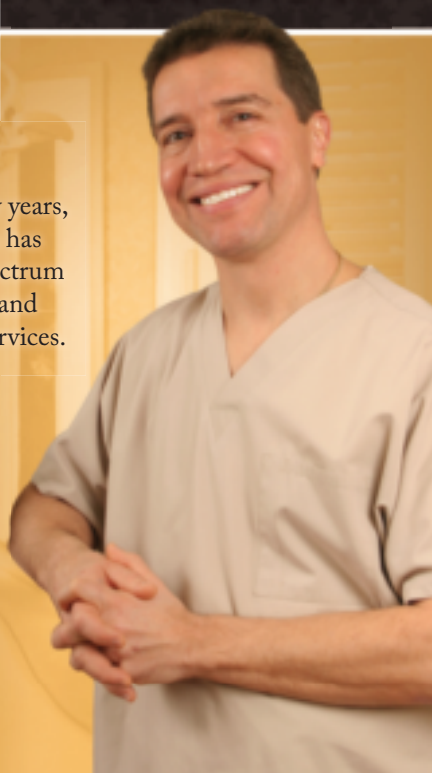
Let us know if you would like to attend by calling 301-656-2797.



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TO YOUR HEALTH

Tipping the Scale to a Healthy Heart

Understand the signs, symptoms and risk factors of coronary artery disease. Join nurse practitioner, Karen Lieberman for a discussion on ways to reduce your risk through lifestyle changes and medication management at this month's Suburban Health lecture at the Village Center on **Wednesday, Sept. 9, at 1 p.m.** Please join us and learn when it is important to consult your doctor and receive diagnostic cardiac exams.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

Vision Support Group: Who's who in eye care?

If you ever wondered about the titles, roles, education and licensing requirements for different eye care professionals, you'll want to attend this month's Vision Support Lunch and Learn program on **Thursday, Sept. 17, at 12:30 p.m.** Clete Clark, manager of operations and chief ophthalmic technician at Washington Eye Physicians & Surgeons, is a respected advocate of "patient information" who will enlighten us with the facts about the professionals we entrust with the health and care of our eyes.

The Vision Support Group is

a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797. Information is power!

Brush up on dental care

Dr. Erick Hosaka, general and cosmetic dentist in Friendship Heights, will speak at the Village Center on **Wednesday, Sept. 16, at 1 p.m.**, on the importance of maintaining oral health and how it can affect one's overall well-being. Please RSVP by calling 301-656-2797.

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Brains don't bounce: what you should know about falls and memory



Susan Wranik, speech and language pathologist and leader of the monthly speech therapy group at the Village Center, "Express Yourself," will present a seminar on fall prevention at the Center on **Friday, Sept. 25, at 1 p.m.**

Breaking a bone is a major concern with a fall, but injuring the brain is a risk too. Hitting your head can affect thought and memory and even the ability to swallow and chew. Ms. Wranik will discuss who falls the most, where and why they fall, what happens in a fall and what one can do to lessen the risk and be safe. She will also include a special 4-step memory sequence to prevent you from falling!

Susan Wranik is president of Susan I. Wranik Associates, which specializes in communication skills enhancement. September is Falls Prevention Month. Don't miss this important program, a GROWS (Grass Roots Organization for the Well-being of Seniors) initiative. Call 301-656-2797 to let us know you are coming.

Sharpen your driving skills at AARP's program at the Center

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. The one-day course will be offered **Friday, Oct. 2, from 10 a.m. to 3 p.m.**, at the Village Center. It costs \$15 for AARP members (you must bring your membership card when you register and also to the class) and \$20 for nonmembers. Checks should be made out to AARP.

All students must bring to class with them their driver's license and a ballpoint pen. Please register at the Village Center.

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Don't forget your flu shot!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Wednesday, Sept. 30, from 1 to 4 p.m.** to anyone nine years old and older.

The flu vaccine will protect against three different flu viruses: an H3N2 virus, a B virus and the H1N1 virus. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage has four times the amount of flu virus antigens to give more protection and build greater immunity. Standard flu shots and pneumonia shots will also be available. Please ask your doctor any questions about the high dose vaccine **before** you sign up.

- No charge for individuals with Medicare Part B (not PPO or HMO) — but you must bring your card.
- The self-pay cost is \$25 for the standard shots (cash or check payable to MedStar VNA Healthcare). Fluzone HD is \$55 for individuals without Medicare Part B. Pneumonia vaccine is \$100 for Pneumovax 23 and \$190 for Prevnar 13 without Medicare Part B. Check with your doctor about what you need.
- VNA does not accept Medicaid or any commercial insurance plans.

Registration is a must. Call 301-656-2797 to register. **You must have an appointment to receive a shot.**

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Understanding ADHD

Children are not the only ones who struggle with attention deficit hyperactivity disorder. Often adults, including company executives, have this condition that affects one's ability to focus and to control behavior and it can cause trouble on the job and in relationships. Abigail Wurf, a life coach for adults with ADHD, will discuss her book, *Forget Perfect: How to Succeed in Your Profession and Personal Life Even if You Have ADHD*, at the Village Center on **Thursday, Sept. 10, at 7:30 p.m.**

Missing deadlines and being chronically late for work, completing tasks and getting organized, and dealing with frustration and anger are some of the challenges facing an adult with ADHD. Ms. Wurf will share techniques and strategies that help adults with ADHD and their families to increase understanding and improve relationships.

Joining the author for the program is her mother, Mildred Kiefer Wurf, who will share how she advocated for her daughter throughout her school years and supports her in adulthood. She has been a lifelong advocate for youth development and gender equity and served on the President's Council for Youth Opportunity.

Copies of the book will be available for purchase. Please call 301-656-2797 to register.

Pick up your history book

If you have not already picked one up, come to the Village Center for your free copy of the *Village of Friendship Heights: The First 100 Years* (one copy per household).

The book is divided into three sections. *The Early Days* tells the story of a small village of single family houses. *The Village Takes On an Urban Character* chronicles the transformation of that small neighborhood into an urban center. In *A New Community Emerges*, the efforts to transform a collection of high-rise



buildings into the true community that is now the Village of Friendship Heights are described. Throughout the book is a treasure trove of photographs. Supplies are limited, so please pick up your copy as soon as possible!

Hillwood, Continued from page 1

Our lunch menu includes salad, choice of roast chicken, salmon or pasta, and chef's choice of dessert. Please choose entree when signing up. After lunch we'll be treated to a tour of Ms. Post's exquisite mansion. We should return to the Village Center by 3 p.m.

The cost of the trip, which includes round-trip transportation, guided tour, lunch and all gratuities is \$74. There are 29 spaces available. Sign up immediately at the Village Center. Deadline to sign up is Sept. 28.

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Village Council Corner

Discover the MVA Mobile Office

The Maryland Motor Vehicle Administration's Mobile Office is a convenient, reliable, and popular service in the Village. The bus is scheduled every month and parks on Friendship Boulevard, next to the Village Center, from 10 a.m. to 2 p.m. All of the services provided at the MVA Express Offices are available on the bus, including renewing driver's licenses, renewing vehicle registrations, renewing MD photo identifications, obtaining disability placards, and returning tags.



The MVA Mobile Office will be here on the following Mondays for the remainder of 2015 (10 a.m. to 2 p.m.): September 28; October 19; November 23; December 21.

Shredding Truck to return October 14

Shred-it will be back on **Wednesday, October 14.**

The truck will park on Friendship Blvd. next to the Village Center from 5



to 7 p.m. Residents are invited to bring paper materials for shredding. This service is for Village residents only. Look for the next shredding date in the spring of 2016.

There was no Council meeting in August. Here is the schedule of meetings for the remainder of the year:

- Tuesday, September 15, 7:30 p.m.
- Tuesday, October 13, 7:30 p.m.
- Monday, November 9, 7:30 p.m.
- Monday, December 14, 7:30 p.m.

The Capital Improvements Committee will meet on Tuesday, October 6, at 5:30 p.m. at the Center.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



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September 2015 events calendar